

## Treatment

In individual CBT, you will actively work towards recovery from your eating disorder with your therapist. Treatment is time-limited and involves regular weekly attendance. Treatment begins with a focus on normalising eating and working to achieve and maintain a healthy weight range for you. To help you do this, there are a number of essential treatment components. These include being weighed each week and reviewing your weight with your therapist; monitoring your eating and associated thoughts and feelings; and making changes towards normalising your eating and weight. We also focus on addressing the specific fears and beliefs that may be keeping the eating disorder going. Final sessions will focus on relapse prevention and maintaining the changes you have made.

Family based therapy is an intensive outpatient treatment approach that places parents at the centre of their adolescent's treatment. Phase one involves empowering parents to temporarily assume responsibility for all food and eating-related decisions in order to facilitate the adolescent's weight restoration. In phase two, families support the adolescent to resume responsibility for their food choices and maintain a healthy weight. In phase three, families help the young person return to their normal developmental path, which may have been disrupted by their illness.

## What will I be expected to do?

Successful therapy requires collaboration between you and your therapist. It is vital that you attend regularly and consistently practice the skills learnt in treatment to experience the maximum benefit. The more effort you put in, the more you will get out of the treatment and the more likely you will recover from your eating disorder.

## Contact details

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This document can be made available in alternative formats on request for a person with a disability.



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Mental Health, Public Health and Dental Services

# Eating Disorders Program

Centre for Clinical Interventions



Healthcare excellence  
for our patients, population and community

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## What is CCI?

The Centre for Clinical Interventions (CCI) is a specialist state-wide mental health service. We offer treatment for people experiencing mood disorders, anxiety disorders and eating disorders. As CCI forms part of the public mental health system, the service we offer is free of charge and there is usually a waiting list.

The Eating Disorders Program is one of the psychological treatment programs offered by CCI. We offer the most up-to-date evidence-supported treatments available for eating disorders. Treatment is conducted on an outpatient basis for individuals aged 16 years and over.

CCI is staffed by clinical psychologists who are trained and experienced in providing interventions for eating disorders. We do not have psychiatrists or medical doctors on staff. Due to the medical complications associated with eating disorders, clients will need to be referred by a medical practitioner who can regularly monitor their health throughout treatment at CCI.

## What is evidence-supported treatment?

'Evidence-supported' means that research studies have demonstrated that our treatments are effective in helping individuals to recover from an eating disorder.

For adults with Anorexia Nervosa and Bulimia Nervosa, CCI offers a treatment program called Cognitive Behaviour Therapy (CBT) for Eating Disorders. The focus of CBT is on the 'here and now' and involves working to change the behaviours and thoughts that keep your eating disorder going. Research shows that many people who commit to completing the entire treatment program experience a significant reduction in their disordered eating behaviours. It is possible to fully recover from an eating disorder, and this can be achieved by actively engaging in, and completing, CBT.

For adolescents with Anorexia Nervosa, we also offer Family-Based Therapy (FBT). This is the recommended treatment for adolescents with Anorexia Nervosa in cases of recent onset (less than three years). Treatment focuses on empowering parents to help their adolescent recover from this life-threatening illness.

## What can I expect at my first appointment?

Following receipt of your referral, you will be placed on a waiting list. The exact length of the waiting list is variable; however it can be several months due to the high demand for our services.

Once there is a place available, you will be offered an initial assessment appointment. The purpose of this assessment is for us to put together a clear picture of the difficulties you are currently experiencing.

In addition to attending this appointment, you will be asked to complete a number of questionnaires that assist us in gathering information about the thoughts, moods and symptoms you are experiencing. We can then determine whether, and how, our service may be of assistance to you.